EL CENTRAL HISPANIC NEWS

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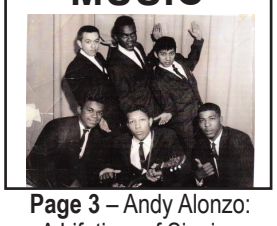
MUSIC



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SPORTS

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Teatro La Carpa Comienza Su Serie en la Plaza del Sol

Por Liliana Blancas-Rodriguez

Este pasado fin de semana el publico pudo experimentar en la Plaza del Sol las dos primeras representaciones de "Mucho Gusto, Nice to Meet You" de La Carpa Theatre. El concepto se inspiró en Las Carpas de México de principios del siglo XX. Eran conocidas por presentar una variedad de sketches cómicos improvisados, shows de títeres, acrobacias, danza y sátira política. Estos espectáculos se convirtieron en el humilde comienzo de muchos artistas que luego encontrarían el éxito en la Época de Oro del Cine, como Cantinflas.

La directora y productora Karilú Alarcon Forshee nos trajo una muestra de la cultura latine en esta historia fenomenal y bien escrita sobre el éxito, las pruebas y las tribulaciones de algunos de los personajes más

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La Carpa Theater Kicks Off Pop-up Series at Plaza del Sol

By Liliana Blancas-Rodriguez

This past weekend in the Plaza del Sol the public was able to experience the first two performances of "Mucho Gusto, Nice to Meet You" by La Carpa Theatre. The concept was inspired by the traveling pop-up 'carpa' or tent theatres in Mexico from the early 20th century. They were known to feature a variety of improvised comedy sketches, puppet shows, acrobatics, dance and political satire. These shows became the humble start for many performers who would later find success in the Golden Age of Cinema, such as Cantinflas.

Director and Producer Karilú Alarcon Forshee brought a taste of Latine culture to us in this phenomenally, well written story of the success, trials and tribulations of some of the most beloved characters in our history. The characters range

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(left to right) Dolores Huerta (played by Ashley Reyes-Pacheco), Amalia Hernández (played by Victoria Guadalupe Vigil), Selena Quintanilla (played by Melissa Moya Torres), and Alexandria Ocasio-Cortez (played by Claudia Carbonell) during the "Mucho Gusto, nice to Meet You" performance by La Carpa Theatre, at Plaza del Sol. Photo by J. Lindsey Photography

Alley in Artist Village before Arts Alleys project (left) and what the alley will look like after Arts Alleys Initiative (right)

Springwells Part of the "Blight to Beauty" Arts Alley Initiative

By Amber Ogden

The Arts Alley Initiative will soon be coming to the Springwells neighborhood. The alley beautification project is part of Mayor Mike Duggan's Blight to Beauty initiative and will create community gathering spaces and allow local artists to display their work. Local residents will be able to exhibit and experience art right in their own community. There will be new landscaping, surfacing, and amenities included all while keeping the beauty, history, and creativity constant.

This mural makeover is happening with $3 million in funding from the American Rescue Plan Act (ARPA) in conjunction with the Ford Foundation. Springwells will be one of the first five neighborhoods in this city-wide pilot initiative.

The Art's Alley project is helping to cultivate a creative community already in progress. Initiatives such as The Alley Project (TAP) are creating safe learning spaces for young up-and-coming artists. Artists will also continue to build on work in alleys that have been activated with local artistry.

Sidewalk Detroit, a Detroit-based, Black-owned company is also involved and will be helping to strengthen community engagement during the design process. The City of Detroit's Arts, Culture, & Entrepreneurship office (ACE) has a timeline of community improvements as early as 2023 and others to begin later this year.

Neighborhood development and revitalization are some of the current objectives of the initiative. The goal is for these spaces to create hubs for small business activations, events, and sources of pride for residents in each community. The Art's Alley Project is a pilot program with the hope to spread throughout neighborhoods and alleys across the city of Detroit.

Amber Ogden is a Detroit native that eats, breathes, and sleeps Detroit. She has published work freelancing for multiple publications locally and across the country such as Chevy in the D, Model D, Rachel Ray Every Day, and Forbes.

Left Field Breaks Ground

Bringing deeply affordable housing to Corktown as part of $30M HUD neighborhood grant

Mayor Mike Duggan, along with City, State and Federal officials, joined with Corktown residents today to break ground on Left Field, a $42 million residential development at the former site of Tiger Stadium that will bring deeply affordable housing to one of the city's fastest growing neighborhoods. Left Field is the first development in the city's sweeping Choice Neighborhood Initiative (CNI) transformation plan to begin, following years of planning and community engagement.

Left Field, being built by American Community Developers (ACD), is a two-phase development that will have a total of 120 apartments, 40 percent of which will be at deeply affordable rates at or below 60 percent area median income (AMI). Each phase will cost about $21 million and have 60 units each along the Fisher Service Drive and Cochrane Street. This first phase is scheduled to be completed by the end of 2023, and the second is to break ground later this year and open in 2024.

The project is supported by the $30-million HUD CNI grant awarded to Detroit last year that will create more than 800 units of housing with a wide array of affordability and housing options throughout Corktown. The work, led by the City's Housing & Revitalization and Planning & Development teams, will ensure Detroiters of all backgrounds and incomes will be included as the neighborhood continues to see rapid development and escalating rents. Corktown is in line to see more than $200 million invested in 842 new units of housing completed over the next six years, with at least 60 percent

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La Palapa Del Parian Taqueria Re-Opens After Devastating Fire

Re-opening a Boost to the Community with Jobs & Inspiration

This Southwest Detroit restaurant - owned by Wicho and Nancy Diaz - is as authentic as it gets. The couple owns three Detroit-area Mexican restaurants: La Palapa and Los Altos in Southwest Detroit as well as Los Arcos in Allen Park. All three restaurants have opened within the last three years.

The family are pioneers in the food truck industry, operating seven trucks with full menus utilizing Mexican ingredients and flavors in and around Southwest Detroit since 2008. Their dedication to quality and to the Southwest Detroit community are second-to-none.

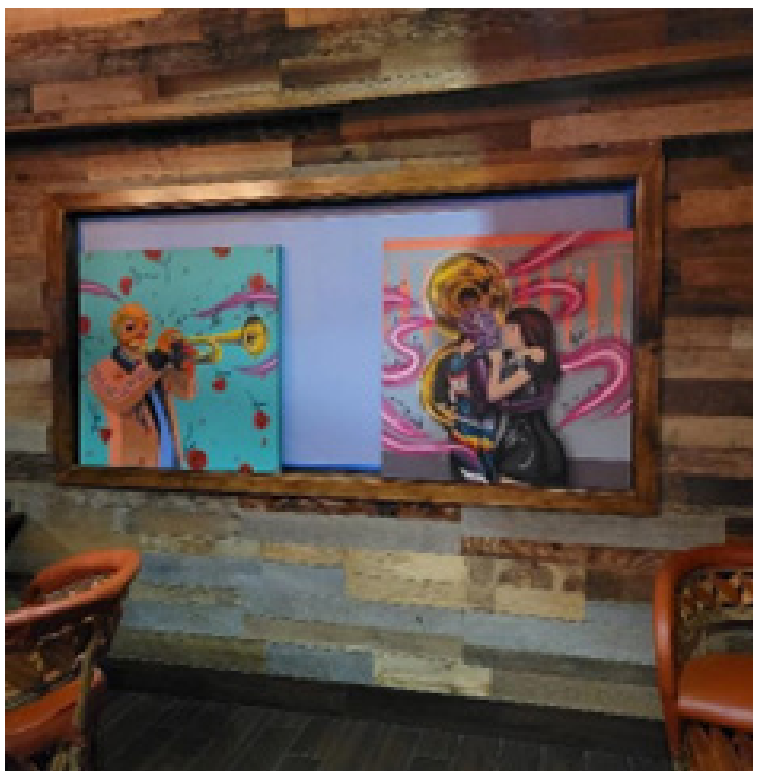
Their vision to help elevate Southwest Detroit to greater success was painfully interrupted by a 2021 fire that closed La Palapa for more than a year. The beloved eatery fully re-opened in March 2022.

The food trucks and all three restaurants owned by the Diaz family are known for their authenticity and loyalty to traditional Mexican fare with an occasional fusion adventure; it is not a Tex-Mex place, so many of which are seen in Detroit and the suburbs. The restaurants employ more than 80 people.

”For us, the restaurant serves as a basis for doing what’s right – employing good hardworking people while treating them like family and helping to enhance the stability and growth of an-often marginalized neighborhood,” said Nancy Diaz. “We know that it’s about business, too. However, we believe that doing the right thing improves business.”

Wicho and Nancy hail from Jalisco which is a western Mexican state fringing the Pacific Ocean. The state is known for mariachi music and tequila, both of which originated there. Both tequila and mariachi music figure prominently in their forthcoming event plans for their restaurants and the elaborate restaurant murals that they’ve commissioned.

La Palapa Del Parian is open every day from 9:00 a.m. until 10:00 p.m.



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Mayor Duggan, state lawmakers announce $15M boost to Renew Detroit low-income home repair program

DETROIT – Detroit Mayor Mike Duggan, along with state lawmakers and housing officials, celebrated today $15 million in additional funding for the Renew Detroit program, which will help more lo]wer-income seniors and homeowners with disabilities receive major home repairs. Announced last fall as a $30 million home repair program, Renew Detroit has now grown to $45 million and will help 2,000 Detroiters instead of 1,500 over its two phases.

"It is so important that we help longtime Detroiters remain in their home, and one of the best ways we can do that is to help them make the major repairs they cannot afford on their own," Mayor Duggan said. "Thanks to these five Detroit state lawmakers, we are going to double the number of Detroiters we can help with the second phase of the Renew Detroit program."

The five Detroit Democrats – state Reps. Helena Scott, Shri Thanedar, Karen Whitsett, Tenisha Yancey and Stephanie Young – helped earmark $15 million in state American Rescue Plan Act funding to expand the program.

"I am honored to help expand this crucial program that serves Detroit's most vulnerable population," said Rep. Young, who represents northwest Detroit. "Our senior and disabled homeowners are the most likely to have fixed incomes and therefore the least likely to be able to keep up with rising costs of home repair and maintenance."

Added Rep. Scott, who also represents northwest Detroit, as well as Highland Park: "I am dedicated to helping my constituents and applaud the City of Detroit's continued dedication to helping residents fix up their homes and build equity in our neighborhoods."

Historically, the City has funded 200 to 250 annual home repairs through its Community Development Block Grant-funded Senior Emergency Home Repair (SEHR) program at a cost of up to $6 million per year. With demand far exceeding the funding available, Renew Detroit was launched to tap ARPA funds to further address this great need for assistance in the community.

"I'm proud to be a part of Renew Detroit by securing $10 million from the Legislature. These dollars will help many Detroiters with much needed repairs, especially seniors," said Rep. Yancey, who represents the city's east side and eastern suburbs.

Phase 2 now to include window replacement

In addition to increasing the program to help more Detroiters, the extra funding will allow the roof-replacement program to be expanded to also include new windows. Detroiters who are approved for the repairs will have one major project performed, whichever is deemed most urgent.

Roofs remain the greatest home repair need in neighborhoods across the city. Eighty percent of SEHR requests involve new roofs, and 50 percent of Detroiters who apply for home weatherization grants are turned down because of the condition of the home's roof. A leaky roof can lead to major internal home deterioration, mold, and poor energy-efficiency and higher utility bills that come with it.

"I am honored to be a part of the Renew Detroit program which will help bring relief to real people in our community, and I am proud to have worked across the aisle in Lansing to secure the funds in order to make it possible," said Rep. Whitsett, who represents Detroit's west side and part of Dearborn. "I'm so glad to work together with Mayor Mike Duggan to bring about real change for individuals across Detroit, and I can't wait to see the good that Renew Detroit will continue to bring to our city."

Added Rep. Thanedar, whose district includes north Detroit on both the east and west sides: "Improving equality, access and security for all is among my top priorities, and Renew Detroit will go a long way toward improving the lives of so many of my fellow Detroiters."

Representing Gov. Gretchen Whitmer's administration at the press conference was Tonya Joy, director of Neighborhood Housing Initiatives for the Michigan State Housing Development Authority (MSHDA). MSHDA is the steward of ARPA funds for housing and its board approved the funding of Renew Detroit.

"MSHDA is thrilled to be a part of this $15 million program and know that this grant program will be transformative for homeowners residing in the city of Detroit," Joy said. "They will be able to make much-needed repairs that they otherwise may not be able to afford. In addition to the short-term benefit and impact on the household itself, we also see this program having a long-term community impact that improves the existing housing stock and increases area home values."

Eligibility and how to apply for Phase 2

Applications for Phase 2 of Renew Detroit will begin Oct. 1 and close Oct. 31. Those who qualify will have their application review completed by spring 2023, with all work expected to be completed by the end of 2024. The Renew Detroit team will reach out to those who qualified for Phase 1 but were not selected to assist them with applying for Phase 2. Additionally, Renew Detroit staff will be out in the community helping residents apply.

"The Renew Detroit program is designed to begin connecting the dots of available homeowner resources for our residents, even beyond our home repair program," said Heather Zygmontowicz, chief of Special Housing Programs, who oversees the program. "By requiring the annual HOPE approval and partnering with the Detroit Tax Relief Fund hotline, we ensure property tax bills are as low as possible and provide pathways to back-tax relief. By focusing on roofs and windows, we

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PENSAMIENTOS Y RECUERDOS

Andy Alonzo: A Lifetime of Singing

By: Ozzie Rivera

For years I had heard Andy Alonzo's name mentioned in numerous settings, most recently when I wrote about the Latin Counts. His has been an illustrious career singing with a number of vocal groups over the decades. Now 79, he grew up around Vinewood and West Grand Blvd in the Michigan Ave area. While as a student at Condon Jr. High Andy, started singing Doo Wop with the Grenadiers, which he formed with friends Joe Marino and David Chavez.

When asked how he got into singing he credited his father who as soon as he would get into the car, would turn on the radio and started singing along. He sang in church, and though Andy says he had a good voice, his father never sang with any secular groups. Andy went on to say during his formative years (1953-55) parties were frequent and the record player was king! "And we enjoyed having fun."

He went to a dance at Western High in 1959 so that he could listen to the Latin Counts, a group already the rage in southwest Detroit, only to find out one of the singers could not perform. After he asked if he could sit in with the group Johnny Dominguez accepted. Andy did quite well and remained with them for two years from 1959-61. For most of that period members were African Americans and Mexican Americans. It included Johnny Dominguez, Buford Glanton, Mike Brown, and Reggie Gaddis. The group would reunite almost twenty years later in 1980 and this time they were to stay together for a significant period. As he stated, "till 10-12 years back". Andy credits singing with the Latin Counts as his "stepping board", helping to expand his horizons and a major learning experience. He stated that his singing experiences with black singers, who he considered "his brothers", was formative to his approach.

Upon leaving the Latin Counts he joined the Martinques, an African American group which was getting ready to release their first recording. He joined the group after their lead singer got into a horrible car accident was asked to replace him. The recording, "Tonight is Just Another Night", already recorded, was about to be released and they needed someone to take the lead. Thus, he promoted the tune for about a year and a half in the Michigan "Chitlin Circuit", a term often used to denote the small clubs that were part of the African American tour routes, a legacy of that period's segregation practices which limited black singers' venues. He remained with the Martiniques for a number of years. He would later go on to sing with the Motown recording group Originals led by C.P. Spencer and also the Royal Jokers a group who already had ten recordings. He was with them "off and on for a long time".

His career was marked by his role as lead singer and "front man" with a number of bands throughout the Detroit area. This was during the period when renowned performers such as Mitch Ryder and Bob Seger were starting to make waves with their respective bands "doing the circuit", often playing in the same venues in which Andy was performing.

He detailed a key moment in his career when Marty Coleman, baritone singer for the Valadeirs, a Motown recording group, and Charlie Bossaline another writer for Motown, approached him to combine forces with Joe Finazzo, former lead singer with the Seminoles to establish a new group. Andy turned to his former Latin Counts colleague John Dominguez and Paul Lachreio to form a Latin/Italian singing group called Act 4. They would then record with the Cub label, a subsidiary of MGM records.

Several times in the late 70's-early 80's Andy sang live on WDET, Detroit's Public Radio. In 1979 Andy did so with his group Conquest on a few occasions. In 1980 he received a call from Stu Avig then lead singer of the Valadeirs to join him for another live broadcast at the station. Those sessions were noticed and Fred Zalinka, a host at WDET, called Andy but this time with a request to pull a Latin group together in order to showcase the Latin influence on Rhythm & Blues (R & B). Zalinka noted that many R & B songs had notable Latin influence, especially with the Cha Cha beat.

Andy then reached out to former Latin Counts members, Johnny Dominguez, Leonard Solano and Sal Prado to join him. The broadcast was well received and led to the Counts being booked at the Royal Oak theater along with the Spanielles and The Laredos, two well-known Doo Wop groups. The show was a success and set things in motion leading for a long stint for the Latin Counts. This popularity led to a major Detroit Free Press article. The Spinners and Temptations among other well- known groups would often go to see the Latin Counts in their live performances. The group was often asked to open for various Motown groups. As he noted, it "led to a long run".

Andy also sang with the Valadeirs, a group he was associated with for a number of years. He recollected that once the Valadeirs were hired to perform in a major Baltimore concert. At that event Nick Marellini, former lead singer for the Shades of Blue, was introduced as their new lead singer. Upon returning to Detroit, they assumed the name as the new Shades of Blues. This group still performs. Alonzo's current group is named the Klassics and includes two other singers, one a fellow Latino KC De La Garza.

He built this illustrious artistic career while working 31 years at Ford Dearborn Stamping. When asked how he could maintain such a demanding schedule, he credits being young and having "plenty of energy". He is equally proud that even with that demands of a schedule he was still able to take care of his household and family responsibilities. He retired from Ford in 1996. A consummate musician he plays guitar, keyboards and drums. He continues to write, produce and arrange songs. He treasures the fact he has his own recording studio in his home.

When asked if he had any advice for aspiring singers he stated. "I would like to let young people know that if you aspire to be a singer, you must sit down with the music you want to learn and learn 'what it is all about'. Because if you just go out there and do it without being an active learner about its different aspects, it is not enough. You have to learn all aspects of music.

When I was young, I would literally "tear a record apart. I would put the record on the turn table and learn all the parts. It is hard work. But it is gratifying". Quite sage advice from a community treasure who has left a formidable legacy.

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Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Special World's Cultures

Nicaragua

Gioconda Belli's Poetry

At Night, The Wife Makes Her Point

No.
I don't have Cindy Crawford's legs.
I haven't spent my life walking down runways in fashion shows,
dazzled under the glaring lights of photographers.
My legs broaden as they reach the hip
and in spite of my multiple efforts
to do aerobic gear, work out and sweat,
I can't control their tendency to widen
like pillars ready to support a roof.

No.
I don't have Cindy Crawford's waist
nor her perfectly smooth and slightly concave tummy
with the flawless navel at the center.
I might have had it once. [...].
That was before my son´s birth,
before he decided to be born in haste
and come into the world feet first,
before the C-section and the scar.

No.
I don't have Cindy Crawford's arms
tanned, sculpted, each muscle shaped by the right exercise,
the precisely balanced weights.
My slim arms have no more muscles
than what are needed to type these characters,
carry my children, brush my hair,
gesticulate when I envision the future,
or embrace my friends.

No.
I don't have Cindy Crawford's breasts
ample, round, C or B cup.
Mine are not so appealing in low cut dresses [...].

Ah! And the face.
How would I dare say I have a face like Cindy Crawford's!
The beauty mark just at the corner of the mouth.
Such impeccable features: the big eyes,
the arched eyebrows, the delicate nose.
Out of habit, I've come to like my face:
the elephant's eyes, the nose with its flaring nostrils,
the full lips, sensuous nevertheless.
All is spared with the help of the mane.
In this department, I can even beat Cindy Crawford.
I wonder if this affords you any consolation.

Last, but not least, -and this is the weightiest piece of evidence-
I don't have Cindy Crawford's behind:
small, round, each half exquisitely outlined.
Mine is stubbornly ample, big, [...]
there is no way to hide it,
all I can do is not to be shy about it
use it to my advantage to sit comfortably and read,
or be a writer.

But tell me, how often have you had Cindy Crawford at your feet?
How often has she given you tenderness in the morning,
kisses on your neck while you sleep,
tickling, laughter, ice cream in bed,
an impromptu poem, the idea for an adventure,
the foresight?
What experiences could Cindy Crawford tell you
that would remotely resemble mine?
What revolutions, conspiracies, historical events
has she to her account? [...]

Think it over.
Appraise my offer.
Put down that magazine
and come to bed.

Recipe Vigoron

In the streets of Managua, as well as in other Nicaraguan cities, it is very common to see street vendors with large baskets in which they have the ingredients to make the vigorón ready. This is a very typical dish prepared with cooked yucca that is combined with pieces of crispy pork rinds, and served with the typical Nicaraguan salad made with cabbage, tomato and a little onion. It is the same salad that accompanies slices, grilled meat, tortillas, and many more dishes of the local cuisine. The vigorón is usually served at mid-morning, accompanied by a good cacao fresco, a tiste, or a pinolillo. And if they buy it on the street, they usually serve it on a banana leaf. It is also a homemade dish par excellence, and on many occasions it serves as a party dish. The quality of each ingredient must be the best so that the enjoyment of the dish is complete.

Ingredients

1 lb yucca, peeled
2 cloves garlic, whole
Salt
½ cabbage
1 diced tomato
¼ onion, finely chopped
½ cup pineapple vinegar
1 tablespoon of oil
8 oz crispy pork rinds, cut into chunks
1 tablespoon congo chiles (optional)
Banana leaves

Preparation

Peel the yucca and cut it into pieces. Put it in a pot with cold water to cover it, and the two cloves of garlic.

Bring to a boil, lower the heat to medium, and cook with the lid half on until the yuca is soft when poked with a thin knife. Add salt and continue cooking for about 5 minutes. chill.

Meanwhile, prepare the salad. Cut the cabbage into very thin strips and put it in a bowl. Add the diced tomato and onion. Season the salad with salt, oil and vinegar. Booking.

To serve, use some plates in which you have arranged some banana leaves. On top you put some pieces of yucca and pork rinds. Top everything with the coleslaw. Add a few congo chilies, if you feel like it, and serve immediately.

Gioconda Belli

Gioconda Belli is a Nicaraguan poet, writer and political activist. She was involved in the Nicaraguan Revolution from a very young age and occupied important positions in the Sandinista Party and in the revolutionary government. She left the Sandinista Party in 1993.

She won the Casa de las Americas Prize in 1978 for her poetry book "Line of fire", and the prize for the Best Political Novel of the Year in Germany in 1989 for her novel The Inhabited Woman. Her work has been translated into twenty languages. Three of her novels are translated into English: The Inhabited Woman, The Scroll of Seduction and Infinity in the Palm of Her Hand, a book of her poetry: From Eve's Rib is also available in English. In Spanish, she has published eight poetry books and eight novels, plus a memoir, a book of essays and four children books. Her poetry has been awarded.

Diles que lo viste en EL CENTRAL
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ESPECIAL CULTURAS DEL MUNDO

Nicaragua

Receta Vigorón

En las calles de Managua, así como de otras ciudades nicaragüenses es muy común ver vendedores callejeros con grandes canastos en los que tienen listos los ingredientes para hacer el vigorón.

Este es un platillo muy típico preparado con yuca cocida que se combina con trozos de crocante chicharrón de cerdo, y que se sirve con la típica ensalada nica hecha con repollo, tomate y un poquito de cebolla. Es la misma ensalada que acompaña las tajadas, la carne asada, las tortillas, y muchos más platos de la culinaria local. El vigorón se sirve usualmente a media mañana, acompañado de un buen fresco de cacao, un tiste, o un pinolillo. Y si lo compran en la calle generalmente lo sirven sobre hoja de plátano. También es un plato casero por excelencia, y en muchas ocasiones hace las veces de plato de fiesta. La calidad de cada ingrediente debe ser la mejor para que el disfrute del plato sea completo.

Ingredientes

1 lb de yuca, pelada
2 dientes de ajo, enteros
Sal
½ repollo
1 tomate en cubos
¼ cebolla cortada muy finito
½ taza de vinagre de piña
1 cucharada de aceite
8 ozs de chicharrón crocante de cerdo, cortado en trozos
1 cucharada de chiles congos (opcional)
Hojas de plátano

Preparación

Pela la yuca y córtala en trozos. Ponla en una olla con agua fría que la cubra, y los dos dientes de ajo.

Lleva a ebullición, baja el fuego a medio, y cocina con la tapa medio puesta hasta que la yuca esté suave al hincarla con un cuchillo fino. Agrega sal y continúa cocinando unos 5 minutos. Enfría.

Mientras tanto, prepara la ensalada. Corta el repollo en tiras muy finitas y ponlo en un tazón. Agrega el tomate cortado en cubos y la cebolla. Sazona la ensalada con sal, aceite y vinagre. Reserva.

Para servir utiliza unos platos en los que has acomodado unas hojas de plátano. Encima pones unos trozos de yuca y chicharrón. Cubre todo con la ensalada de repollo. Agrega unos chiles congos, si te se te antoja, y sirve inmediatamente.

Gioconda Belli

Gioconda Belli nacida en Managua, Nicaragua es poeta y novelista. Desde muy joven participó en el movimiento revolucionario que derrocó a Anastasio Somoza en 1979. Ocupó puestos importantes en el gobierno y el partido Sandinista, del que se separó en 1993.

Es autora de ocho novelas, ensayos, cuentos para niños, y sobre todo, poesía.

Ganó en 1978 el Premio Casa de las América en Cuba por su poemario "Línea de Fuego" y el Premio a la mejor Novela Política del Año en Alemania en

1989 por "La Mujer Habitada". Por su novela "El Infinito en la Palma de la Mano" recibió los premios Biblioteca Breve de Seix Barral y Sor Juana Inés de la Cruz de la FIL, Guadalajara. En 2010 su novela "El País de las Mujeres" ganó el Premio Latinoamericano "La Otra Orilla". Su poesía también ha recibido numerosos premios.

Sigue cada semana en **EL CENTRAL** nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Poesía de Gioconda Belli

At Night, The Wife Makes Her Point

No.
No tengo las piernas de Cindy Crawford,
ni me he pasado la vida en pasarelas de moda,
atravesando los flashes de los fotógrafos.
Mis piernas se expanden conforme se acercan a la cadera,
incluso,
pese a mis múltiples esfuerzos: aeróbics, ejercicio y sudor.
No puedo controlar su tendencia de ensancharse
pilares listos para sostener el techo.

No.
No tengo la cintura de Cindy Crawford, ni su vientre suave
y ligeramente cóncavo con el ombligo impecable
en el centro.
Puede que lo haya tenido alguna vez.
Alguna vez, incluso, estuve orgullosa de esa parte de mi
anatomía.
Fue antes del nacimiento de mi hijo, antes de que él
decidiera nacer de prisa y con los pies por delante,
antes de la cesárea y la cicatriz.

No.
No tengo los brazos de Cindy Crawford bronceados,
esculpidos cada músculo por el ejercicio preciso, por las
pesas balanceadas.
Mis delgados brazos ya no tienen más que los que
necesitan para este tipo de persona:
cargar mis hijos, cepillar mi cabello,
gesticular con ellos mientras imagino el futuro,
o para abrazar a mis amigos.

No.
No tengo los pechos de Cindy Crawford, amplios, redondos,
copa C o B.
Los míos no son tan llamativos en vestidos escotados [...].

¡¡Ah!! Y la cara.
¡¡Ni siquiera me atrevería a decir que tengo un rostro
parecido al de Cindy Crawford!!!
La bella marca justo en la esquina de su boca.
Rasgos impecables: grandes ojos,
cejas arqueadas y nariz delicada.
Yo, en cambio, por costumbre le he tomado gusto a mi
rostro:
los ojos de elefante, las amplias fosas nasales de mi nariz,
los labios llenos, sin embargo, sensuales.
Todo lo salvo con la melena.
En este departamento ni siquiera
podría intentar vencer a Cindy Crawford.
Me pregunto si todo esto que digo te ofrece algún consuelo.

Y por último, pero no al último,
-y ésta es la última pieza de evidencia-,
no tengo el trasero de Cindy Crawford:
pequeño, redondeado,
cada nalga exquisitamente remarcada en sus bordes.
El mío es insistentemente ancho, grande, [...]
no hay manera de esconderlo,
lo único que puedo hacer es no avergonzarme al respecto
y utilizarlo a mi ventaja[...].

Pero, dime, ¿Qué tan seguido tienes a Cindy Crawford a
tus pies? ¿Qué tan seguido te ha dado su dulzura
por la mañana con besos en tu cuello mientras
duermes, cosquillas, risas o te ha traído helado a
la cama, un poema improvisado, o la simple idea
de aventurarse contigo, una mirada?
¿Qué experiencias puede contarte Cindy Crawford que
incluso mínimamente se parezcan a las mías?
¿Qué revoluciones, conspiraciones, o eventos históricos
tiene para contar?

Piénsalo.
Aprecia mi oferta. Deja la revisa y vuelve a la cama.

Detroit low-income home repair program

Con't from pg. 3

significantly increase the likelihood of residents gaining access to weatherization upgrades and increasing their efficiency."

To be eligible, homeowners must meet the following criteria:

• Age 62 or older or be a homeowner of any age with a disability.

• Be approved for a 2022 property tax exemption through the Homeowner Property Exemption (HOPE) program, which provides property tax relief to eligible lower-income homeowners. For eligibility requirements and to apply, Detroiters can call 313-244-0274 from 9 a.m. to 6 p.m. Monday-Saturday or go to detroitmi.gov/HOPE. Please note, homeowners must apply each year for the HOPE program.

• Must not have received a home repair grant from the City of $10,000 or more in past 10 years.

After meeting these initial criteria, homeowners will be selected based on a Home Repair Score, which includes length of ownership, number of people in the home, and level of their HOPE tax exemption. The City also prioritized applicants on the existing Senior Emergency Home Repair wait list or who were unable to secure weatherization improvements because of the condition of their roof.

Update on Phase 1

The Renew Detroit program was launched last September and funded by $30 million from President Biden's American Rescue Plan Act (ARPA), with the goal of replacing 1,000 roofs for lower-income seniors and disabled Detroiters. So far, 1,100 homeowners have been conditionally selected, and the team is in the process of assessing those homes for final approval for a roof replacement. Final approvals, which are confirmed after a successful assessment of the home, will start hitting mailboxes next week. This week, the Detroit City Council approved $2.9 million in roof-replacement contracts for the first 200 homes, and the contractors are expected to begin this September.

Help for those who don't qualify for Renew Detroit

For those Detroit residents who need home repairs but are not old enough or do not have a disability, the City offers the Detroit 0% Interest Home Repair Loan Program. This program provides loans to Detroit homeowners of $5,000 to $25,000 to complete home repairs and resolve health and safety issues. Homeowners have 10 years to pay back the loans, which are provided at 0% interest – meaning homeowners pay back only what they borrow. The program is a City-led partnership with the Local Initiatives Support Corporation (LISC) launched in March 2015. This public-private commitment is between LISC, the City's Housing and Revitalization Department, Bank of America and the Rocket Community Fund. To apply, go to www.detroithomeloans.org.

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Left Field breaks ground

Con't from pg. 1

(504 units) of them being set aside as affordable housing. The City's Choice work is supported by $1.01 billion in leverage commitments in Corktown, including Ford's $740-million mobility campus.

"Our promise to longtime Detroiters is that they won't be pushed out by development, and nowhere is intervention needed more right now than in Corktown, which is seeing an unprecedented level of new development," said Mayor Duggan. "Last week, City Councilmembers and I announced a $203 million affordable housing plan for this year that included Left Field, along with several others that will follow."

Michael Polsinelli, Michigan field office director for HUD, took part in today's celebration, and congratulated the City for its commitment to affordable housing and community engagement.

"The City of Detroit's Corktown Choice plan will go a long way to bringing more quality affordable housing and successful, mindful urban development to Detroit," he said. "HUD is committed to investing in American cities that share our goals of equitable development and opportunities that minimize displacement."

The first phase of Left Field consists of studios and one-, two- and three-bedroom units across two buildings. Of the two phases' 48 affordable units, 43 will be at or below 60 percent AMI which is about $1,000 a month for a one-bedroom, and five at 50 percent, or about $840 a month for a one-bedroom. Additionally, 29 of those 48 affordable units will have rental assistance contracts for those at 50 percent AMI and below. The rest of the stadium's footprint has already been redeveloped as market-rate apartments, retail and condos and a youth sports stadium for the Detroit Police Athletic League.

"We are proud to be part of another great mixed-income development in the City of Detroit," said Jerry Krueger, president of Detroit-based ACD, which manages or owns 13,000 units across 11 states and is the largest owner of multifamily housing in the city. "It's great that residents who live in Corktown can continue to live here and experience the investment and growth in this neighborhood."

Added ACD Vice President Mike Essian: "We have spent a lot of time with residents gathering feedback and input, and we will continue to work with residents and neighbors as we build each phase of the Corktown Choice plan."

Left Field was selected by MSHDA in 2020 for Low-Income Housing Credit (LIHTC) funding with a value of $10.8 million, and was awarded LIHTC supplemental funding last month with a value of $3.4 million to address rising construction costs while keeping the deeply affordable rates in place. The development also received a $1 million HOME loan from the City. Citizens Bank is the equity investor through City Real Estate Advisors and Citizens Bank is also the construction lender for the first phase of Left Field.

"Given the incredible amount of development in Corktown, MSHDA is dedicated to ensuring important projects like Left Field move forward and retain the needed deeply affordable housing they represent," said Chad Benson, rental development director for MSHDA.

Left Field sets stage for next phase of Corktown affordable housing plan

As part of the Corktown Choice strategy, the 87-unit Section 8 Clement Kern Gardens, which is also owned by ACD, will be razed and rebuilt. When it was built in 1985, the 9-acre site was isolated with berms and fencing and streets cut off. Under the Choice plan, the street grid will be reconstructed to better connect neighborhood. As Clement Kern is redeveloped, current residents who want to stay in Corktown will be given priority to relocate to Left Field and future developments in the Corktown Choice plan.

Once Clement Kern is redeveloped, those residents who relocated to other affordable units can either stay in their new homes or choose to move to the rebuilt Clement Kern site. Most important, existing Clement Kern residents who qualify will continue to pay rent based on their income, and their housing needs and status will be prioritized throughout the Corktown Choice project. Work on redeveloping Clement Kern is to begin following completion of the first phase of Left Field.

The Corktown Choice plan also will bring more affordable housing to North Corktown. There are 143 vacant lots in this area controlled by the City, spread across 14.6 acres, that will see new infill housing built on the site. The plan also calls for a new community empowerment center and outdoor learning lab to be built upon the former site of the Owen School.

Community-driven plan

The City's plan draws upon the Greater Corktown Framework, which was developed following an 18-month effort by the City's Planning & Development Department (PDD) and Housing & Revitalization Department (HRD). Local leaders, residents, nonprofits and developers came together to create Detroit's Choice bid to revitalize the neighborhood and address challenges.

The City engaged the community around the framework starting in March 2019, gaining input and hearing priorities of those already in the neighborhood, ensuring that those currently living in Corktown directed their neighborhood's future. Residents made it clear their top issues are housing affordability and infill housing, as well as increased green space and amenities.

"We want to make sure that all residents, no matter their income, have the ability to continue to call Corktown home and the ability to take part in all of the incredible things happening in this historic neighborhood," said Julie Schneider, director of HRD. "The Corktown Choice transformation plan is meant to ensure that future. We are thankful for the contributions of residents during the planning process and look forward to continuing to collaborate with them in this important work."

The Corktown plan was the first time Detroit has been selected to receive a HUD Choice grant.

"This has been the most comprehensive and ambitious planning project Detroit has undertaken in a generation," said Katy Trudeau, deputy director of PDD. "The fact that our plan was chosen speaks to the incredible team of planners, housing experts and dedicated City staff that we have working on designing a Detroit that brings the community into the planning process and helps create a city where all are welcome and all can benefit from the city's turnaround."

In addition to supportive services for residents, housing and jobs, the plan's other key focus is streetscape improvements and greenspace. Last week, a $6 million overhaul of Roosevelt Park in front of Michigan Central Station kicked off that is slated for completion next spring.

For more information on the Corktown Choice Plan, go to bit.ly/3cJojkU or https://detroitmi.gov /departments/planning-and-development-department/neighborhood-plans/central-design-region/greater-corktown/choice-neighborhoods.

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California Sheet Pan Nachos

Ingredients

12 ounces salted tortilla chips, divided
• 1 pound ground beef, cooked and divided
• 1/2 cup pinto beans, cooked, drained, and divided
• 1/4 cup red salsa, divided
• 1/4 cup white onion, chopped and divided
• 1/8 cup green onion, chopped, divided
• 3 cups Oaxaca cheese, grated or shredded and divided
• 1/3 cup sour cream
• 1 Roma tomato, finely chopped
• 3 tablespoons cilantro, roughly chopped
• 1 avocado, cubed or sliced
• jalapenos, optional, seeded and sliced

Directions

Ready In:
20 minutes

Step 1
Preheat the oven to 400 degrees F.
Step 2
Lightly grease a rimmed baking sheet.
Step 3
Layer the baking sheet with 3/4 of the tortilla chips and all of the ground beef, beans, salsa, white onion, and green onion.
Step 4
Top with 1 cup of the Oaxaca cheese.
Step 5
Then, add the remaining tortilla chips to the top, and sprinkle with the remaining 2 cups of cheese.
Step 6
Bake in the oven until the cheese has melted, about 8-10 minutes.
Step 7
Top with sour cream, tomatoes, cilantro, avocado, and jalapenos, and serve!

Easy Taco Salad

Ingredients

For the beef filling:
• 1 tablespoon olive oil
• 1 1/4 pounds lean ground beef
• 1 cup fire-roasted salsa
• 2 teaspoons chili powder
• 1 teaspoon ground cumin
• salt, to taste
• freshly ground black pepper, to taste

For the salad:
• 1 head romaine lettuce or iceberg lettuce, chopped
• 1 (15.5 ounces) can black beans, optional drained and rinsed
• 1 cup Mexican cheese blend, shredded
• 2 roma tomatoes, diced
• 1 avocado, optional, diced
• 5 tablespoons sour cream, optional
• 1/4 cup chopped red onion, optional
• crunchy tortilla bowls or tortilla chips, optional, for serving

Directions

Ready In:
25 minutes

Step 1
In a 12-inch skillet, heat the olive oil over medium-high heat.
Step 2
Add the beef to the skillet, cooking thoroughly until browned and cooked through.
Step 3
Drain the fat.
Step 4
Stir in the salsa, chili powder, and cumin. Season to taste with salt and pepper.
Step 5
Warm mixture through and then remove from heat.
Step 6
Layer the lettuce, beans, cheese, tomatoes, sour cream, avocado, and red onion in bowls or into tortilla bowls. Ladle the beef filling on top and serve.
Step 7
Serve with tortilla chips if not using a tortilla bowl!

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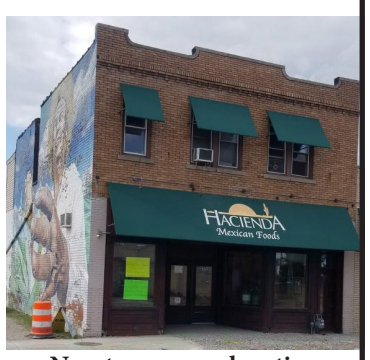
Donut Villa moves to new temporary location 6016 W. Vernor

Permanent location

Notice to our loyal customers:

Donut Villa is currently in the process of remodeling and temporarily moving to the Hacienda building.



New temporary location

The Hacienda building is located directly across from McDonald's
(in front of E&L Supermercado and less than 1 block from the permanent location.)

Donut Villa will continue to serve the same hot and fresh coffee, delicious donuts, during regular business hours,
(Monday-Sunday 4:30 am to 10:00 pm)

Come in after 12 noon and mention this ad,
Buy one donut, get the second one free

La Carpa Theater

Con't from pg. 1

from comics and singers from the Golden Age of Mexican cinema, icons from the Chicano Movement to modern-day singers and political trailblazers. It was developed in collaboration with the cast, ranging from ages 11 to 17, who brought their own experiences into the mix.

The beautiful set design was conceived by Elton Monroy Duran (Visual Arts Director/ Graphic Design) and was also created in collaboration with the cast. The various backdrops shown throughout the show give us a glimpse into the character's backstory and the last one is a wonderful homage to our very own community.

Overall, the weekend was a success with the buzz from the proud parents seeing the show for the very first time, the excitement from the cast finally showing off their hard work and talent and even local artists selling their handmade items. Throughout the night you'd catch glimpses of the talented production team and volunteers that made it a night to remember. Follow them on social media to get your complementary tickets to the upcoming shows in Beacon Park, Dequindre Cut Freight Yard and The Congregation!

The show's producers extend special thanks to Gloria Rocha from Plaza del Sol for providing a safe space and her immense support to make this weekend possible!

Liliana Blancas-Rodriguez is the Program Coordinator & Production Assistant for La Carpa Theatre

Teatro La Carpa

Con't de pg. 1

queridos de nuestra historia. Los personajes son desde cómicos y cantantes de la Época de Oro del cine mexicano, íconos del Movimiento Chicano hasta cantantes y pioneros políticos de la actualidad. Fue desarrollado en colaboración con el elenco, de edades entre los 11 y los 17 años, que aportaron sus propias experiencias a la mezcla.

El hermoso diseño del escenario fue concebido por Elton Monroy Duran (Director de Artes Visuales/ Diseño Gráfico) y también fue creado en colaboración con el elenco. Los telones que se muestran a lo largo del espectáculo nos dan una idea de la historia del personaje y el último es un maravilloso homenaje a nuestra propia comunidad.

En general, el fin de semana fue un éxito desde el entusiasmo de los padres orgullosos de ver el espectáculo por primera vez, la emoción del elenco quienes finalmente mostraron su arduo trabajo y talento e incluso artistas locales vendiendo sus artículos hechos a mano. A lo largo de la noche, vislumbró el talentoso equipo de producción y los voluntarios que lograron que fuera una noche para recordar. ¡Sígalos en las redes sociales para obtener sus boletos gratis para los próximos espectáculos en Beacon Park, Dequindre Cut Freight Yard y The Congregation!

¡Un agradecimiento especial a Gloria Rocha de Plaza del Sol por brindar un espacio seguro y su inmenso apoyo para hacer posible este fin de semana!

Liliana Blancas-Rodriguez es Asistente Coordinador de Programa & Producción para El Teatro La Carpa.

La Carpa Theatre performers

Characters portrayed in the performance of "Mucho Gusto, Nice to Meet You" include: Frida Kahlo, JorgeNegrete, Amalia Hernández, Mario Moreno "Cantinflas", Gaspar Henaine "Capulina", Roberto Guzmán "El Santo"/ Sonia Sotomayor, Germán Valdes Tin-Tan, Roberto Gomez Bolaños "Chespirito", Ritchie Valens, Selena Quintanilla, Jenni Rivera, Rita Moreno, Dolores Huerta, and Alexandria Ocasio-Ortez

Tickets are still available for these additional performances:

- ***August 4 and 5 at Beacon Park, downtown Detroit***
- ***August 12 and 13 at the Dequindre Cut Freight Yard***
- ***August 20 and 21 at The Congregation***

Reserve your tickets here: https://linktr.ee/LaCarpaTheatre

Photos by J. Lindsey Photography, Maurizio Dominguez

EL CENTRAL
HISPANIC NEWS
SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

Shields Training For Upcoming Fight !!!

Last week, Claressa "GWOAT" Shields, held a media workout, at the Downtown Boxing Gym, for her upcoming middleweight world championship showdown, against Savannah Marshall, in London, England. Claressa Shields is 2 time Olympic gold medalist, and undefeated IBF, WBA, WBC, World Boxing Federation World Middle, and WBO. Savannah Marshall defeated Claressa Shields, when Shields was an amatuer, and this is currently her only loss. Claressa Shields and Savannah Marshall square off at the O2 Arena, in London, England, on Saturday, September 10th (ESPN+).

Photos below are highlights from Claressa Shields media workout at the Downtown Boxing Gym

Photos by: Dan Graschuck/ EL CENTRAL unless otherwise noted

Claressa Shields posing with her many championship belts, before media workout

Claressa Shields sparing with her trainer, during media workout

Claressa Shields getting her hair fixed, before media workout

Claressa Shields getting her gloves worked on, during media workout

Claressa Shields with her promoter Dmitry Salita of Salita promotions, during media workout. Photo provided by Adam J. Dewey/ Salita Promotions

Local Pro Boxing 8/10/22 !!!

Dmitry Salita, of Salita promotions, will be holding a Detroit Brawl pro boxing event, on August 10th, at the Garden Theater. The Garden Theater is located at 3929 Woodward Ave., Detroit, MI. Doors open at 6:00pm and the event begins at 6:30pm. For tickets please visit: eventbrite.com

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Pateando la No. 5

Lionesses Roar

David Levine
EL CENTRAL

Years from now, or maybe even sooner, people in England will see 2022 as a watershed year in women's football the way we look at 1999 in the United States. At the end of a thrilling European Championship tournament, the hosts, in their national stadium, defeated the winners of eight of the first nine tournaments. Mighty Germany always seems to be the hurdle England cannot overcome. The last time an England team beat a German national team in final was 1966, the only other time the nation that birthed the game of football actually achieved an international title.

Each of the women on the English team has her own story. Each one is compelling on its own. None stands out more than that of Chloe Kelly. The Manchester City forward was thrown off a boys team at age nine just for being a girl. That may sound shocking to us in the United States, but keep in mind that women were banned from playing any football for over fifty years at one point during the twentieth century. Kelly came off the bench during the Euro with the expectation that she would be an offensive spark. She had scored previously, but when she poked in her own rebound from a corner kick in the second half of extra time Sunday, it set off wild celebrations at Wembley.

Kelly gave England its own version of Brandi Chastain's iconic roar after converting the winning penalty kick against China in 1999. That day a record crown of over 90,000 in the Rose Bowl erupted and a nation rejoiced. Over 87,000 did the same at Wembley as Kelly raced around waving her jersey in the air. Such was the emotion that during the customary post-game interview, Kelly ran off in mid-sentence to join the crowd singing "Sweet Caroline", taking the interviewer's microphone with her.

As the new heroines of football celebrated, members of the previous generation let their emotions go, too. It will be hard to forget seeing Chelsea manager Emma Hayes crying as ESPN went to her for some thoughts on what she witnessed. The likes of Hayes put down the groundwork that led to the arrival of this group. Many of these players have seen heartbreak on and off the field in pursuit of their dreams. Now, they can reap the rewards of winning a first European Championship. The English men let the country down last year on the same pitch, losing to Italy after a penalty kick tie-breaker. The ladies wisely took care of business before reaching the dreaded shootout.

Unlike here where most of the clubs in the top level of women's football have little to no connection with MLS, England's women predominantly play for the same clubs and wearing the same colors as the men. The national team is dominated by players from the big clubs: Manchester City, Manchester United, Chelsea, and Arsenal. Those clubs will be contesting the WSL, Women's Super League, in the fall and competing in the UEFA Champions League.

For American fans watching, the US women cruised to the CONCACAF W Championship this summer, but faced few real tests. The competition is so weak that the US put out a team with very few of the players who won the last two World Cups. Part of that is due to players simply aging out. A big part of it is that younger players can be tested without fearing elimination. England and Germany were hardly the only two teams to make a strong impression ahead of next year's FIFA Women's World Cup. Spain, France, and the Netherlands struggled with injuries to key players, but still left the impression that they will test any team. Sweden, who crushed the US at the Olympics, had a great run to the semifinals, but wilted in the face of an inspired English team. Retaining the World Cup for a third looks like an uphill struggle for the US. That doesn't event take into consideration that Brazil also won the Copa America Feminina just hours before England's victory.

Watching the reactions to England's win has been heartwarming. The stories of national team's players are interesting, but seeing little girls in the crowd and seeing their reactions in pictures and videos makes one believe that a new generation will be inspired to follow the one that just lifted 56 years of gloom from English football. The song the players sang when they interrupted coach Sarina Weigman's press conference was "Football's Coming Home". For this summer, football did come home, attracted by a terrific team that captured the attention of a nation.

Detroit City FC Opens New Store In Downtown Detroit !!!

This past weekend, the Detroit City FC, opened their new store in Downtown Detroit. The store located at 1216 Griswold St, Detroit, MI 48226, store hours are Sunday: 11:00 am - 8:00 pm, Monday: closed, Tuesday: 11:00 am - 8:00 pm, Wednesday: 11:00 am - 8:00 pm, Thursday: 11:00 am - 8:00 pm, Friday: 11:00 am - 8:00 pm, and Saturday: 11:00 am - 8:00 pm. During the grand opening, some of the Detroit City FC mens players, joined in the celebration. For more information, please visit: www.detcityfc.com. The Detroit City FC mens return to Keyworth Stadium, in Hamtramck, MI, Saturday, August 13th, at 7:30 pm, to host the Oakland Roots SC (WMYD TV20 Detroit).

Photos below are highlights from the grand opening of the Detroit City FC store in Downtown Detroit

Photos provided by Detroit City FC (photographer Jon DeBoer)

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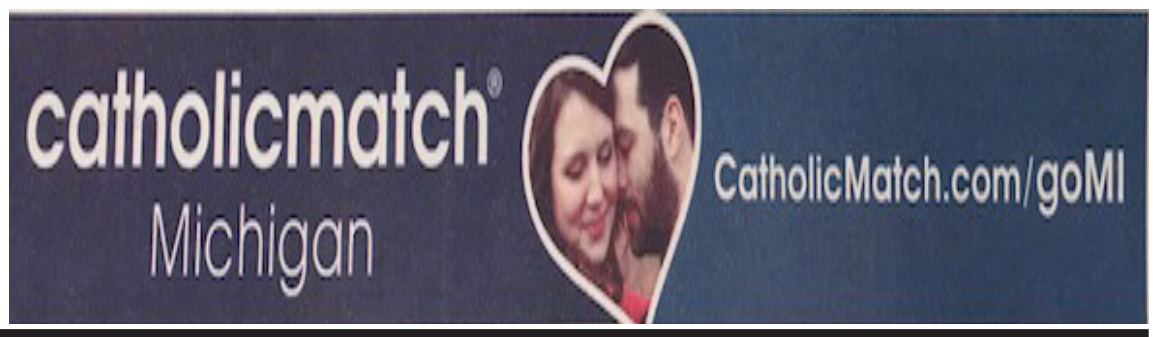

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EDITORIAL OPINION

"Republican Senators Blindside Veterans"

By Raoul Lowery Contreras

Senator Ted Cruz, Republican of Texas, is an idiot.

Backtracking Republican senators reversed themselves the other day and voted against a special bill in Congress designed to help veterans of the Iraq and Afghanistan wars that have developed health problems because they were exposed to poisonous fumes from huge man-made fires.

Specifically, they were ordered to burn hundreds, perhaps thousands, of surplus military stores and equipment in what were called "burn pits."

Despite supporting an early version of the bill, 24 Republican senators voted against the bill for what was given as an excuse that the Democrats in the Senate wouldn't allow Republicans to introduce amendments to, as they declare, to strengthen the bill.

I will agree with their demand for the ability to introduce and vote for or against amendments to any bill -- within reason.

Someone forgot to make a needed deal here. That would be Senator Schumer, Democrat of New York, he runs the Senate.

Fix it, boys. And Senator Cruz, shut the you-know- what-up, don't fist bump fellow senators when you vote against anything for veterans.

Senator Cruz, I should remind everyone, he never served in the U.S. military despite the fact that he was entitled automatically for a commission in the military branch of his choice when he graduated from Harvard Law.

He is a proud member of the chicken-livered sub-group of men in the Senate who despite superior education (so-called) have never felt the need to serve the country as their duty.

And, Congress, especially the chicken-livered members and senators, wonder why the Army can't recruit new soldiers. With three months to go in the fiscal year, the Army has only recruited 40% of the people it needs to replace those who left the Army this year.

All military branches are having trouble. Why? This year half of 17-35 year olds could not name the four largest branches of the U.S. military -- the Marines, the Army, the Air Force and the Navy.

One in four cannot name the three branches of the federal government - the judicial, congressional and executive branches.

Half of high school seniors in the U.S. a few years ago couldn't point out Canada or Mexico on an unmarked map; 12% couldn't point out the Pacific Ocean.

Those stats are a disgrace. The country's teachers are at fault as far as I can tell. So are parents. Are these kids responsible, no, they stupid teenagers.

Most U.S. Senators are ignorant petty little bourgeoisie who wouldn't recognize the U.S. Constitution if they tripped on it. Those that voted against veterans, sick veterans sick from breathing garbage air around "burn pits," those Senators are simply politically blind, politically deficient stupid people.

Really!

Opinions in this Article are not necessarily those of the Publisher or Editor

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HR Specialist Vacancy Announcement

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HR Specialist Vacancy Announcement at http://www.mied.uscourts.gov.
Located in Detroit, the employee is a part of an HR Team that provides a variety of HR programs and services to court staff and judicial officers. EOE

Prayer for Families

God of love, power and mercy, we ask you to protect and defend our families.

May your grace guide the thoughts and actions of husbands and wives of the world for the good of all their families.

Grand that the young and the children of each family, in pursuit of their human dignity, find solid

support, love and understanding, fromt their parents and all of those who care for them.

Bless the families of Southwest Detroit and unite them in love.

Through the intercession of the Holy Family of Nazareth, grant that the church may fruitfully carry out her worldwide mission to protect, care and defend the sanctity and dignity of the family, Through Christ our Lord.

Amen!

Inspiring Quote of the Week !!!

"Always remember:
Silence and smile are two very powerful tools."
Paulo Coelho

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Project Description: Mariner's Inn is a mixed-use project in Detroit, MI at Cass Ave and Ledyard St. between Cass and 2nd. The project is a new 61,980 GSF, 4 story building consisting of 85 total units, as well as retail and commercial space on the first floor.

This project is subject to **Prevailing Wages and Section 3 Requirements.**

For bidding documents please e-mail Jennifer Van Volkinburg at bids@obriencc.com

Salud/*Health* Salud/*Health* Salud/*Health* Salud/*Health*

Are You at Increased Risk of Getting Pneumococcal Pneumonia?

(StatePoint) Pneumococcal pneumonia is a potentially serious bacterial lung disease that can be contracted any time of year. In fact, according to the Centers for Disease Control and Prevention (CDC), pneumococcal pneumonia causes 150,000 annual hospitalizations nationwide. It can even be life-threatening in serious cases.

To help reduce the burden of this lung disease, the American Lung Association and Pfizer are partnering to share important facts about pneumococcal pneumonia for adults 65 or older and adults 19-64 with certain underlying health conditions. Here's what to know:

What is pneumococcal pneumonia? Many people think pneumococcal pneumonia is a cold or the flu, but it's not. Pneumococcal pneumonia is caused by bacteria that live in the upper respiratory tract, and it can spread to others through coughing or close contact. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath and chest pain. Some symptoms can appear quickly and without warning.

Who is at risk? While anyone can get pneumococcal pneumonia, some people are at higher risk of getting severely ill, including those 19 or older with certain medical conditions such as asthma, COPD, chronic heart disease or diabetes, and adults who smoke cigarettes. Additionally, even healthy adults 65 and older are at increased risk because the body's immune system naturally weakens with age. Visit Lung.org/pneumococcal to take a two-minute quiz to determine if you are at elevated risk.

How can you help prevent pneumococcal pneumonia? The CDC recommends pneumococcal pneumonia vaccination for adults 19 or older with certain underlying medical conditions, and for adults 65 or older. Unlike the flu shot, you don't need pneumococcal vaccination every year. Your healthcare provider can help you determine when you should be vaccinated against pneumococcal pneumonia. Infection can strike anytime, anywhere, in any season, so now

is the time to talk to a healthcare provider about pneumococcal vaccination.

"Low vaccination rates leave far too many people vulnerable to pneumococcal pneumonia," states Dr. Albert Rizzo, chief medical officer for the American Lung Association. "Keeping up to date with vaccinations is important for everyone, especially those living with chronic health conditions such as asthma or diabetes."

For additional information and resources, visit Lung.org/pneumococcal.

Pneumococcal pneumonia is a potentially serious disease you shouldn't ignore. Fortunately, you can help protect yourself by asking your doctor or pharmacist about vaccination.

¿Cuál es el periodo de incubación del virus de la Viruela del Mono?

La Viruela del Mono es una enfermedad originaria de África y descubierta en 1958, que en la actualidad está causado brotes en diferentes países del mundo; te decimos cuál es el periodo de incubación del virus que la provoca.

El sábado 23 de julio, Tedros Adhanom, director general de la Organización Mundial de la Salud (OMS), declaró alerta internacional por el brote de Viruela del Mono que ya registra más de 16 mil casos en 75 países.

En total, la duración de la viruela símica es de 2 a 4 semanas, en las que es posible transmitirla a otros. Su periodo de incubación se da en tres fases distintas, donde las personas contagiadas muestran distintos síntomas dependiendo del ciclo de la enfermedad:

Primera fase

Inicia la incubación de la enfermedad, ocurre entre los primeros 5 y 7 días. Durante este periodo la persona no puede infectar a otros.

Segunda fase

Tras los primeros días de incubación se presentan síntomas como dolor de cabeza de moderado a intenso, fatiga, dolor muscular, fiebre e inflamación de ganglios. En este ciclo es cuando el portador es más propenso a transmitir la enfermedad.

Tercera fase

Empiezan a surgir las lesiones en la piel, que tienen esta evolución: Aculas (área pequeña en la piel de color diferente);

Pápulas (lesión); vesículas (ampollas); y pústulas (cavidad con contenido turbio).

Luego de esta etapa aparecen costras y alrededor del día 14 llega la conclusión de estas lesiones.

PUBLIC SAFETY ALERT:

BEWARE OF ICE IMPOSTERS

PEOPLE REPRESENTING THEMSELVES AS U.S. IMMIGRATION AND CUSTOMS ENFORCEMENT (ICE) PERSONNEL FOR FRAUDULENT GAIN

U.S. Immigration and Customs Enforcement

WHAT is an IMPOSTER:
An individual who fraudulently represents him- or herself as an ICE officer or agent in an attempt to elicit some form of payment from you for immigration benefits or other immigration services.

HOW does the FRAUD happen:
- The imposter will identify him- or herself as a federal law enforcement officer, employee or contractor of ICE or the U.S. Department of Homeland Security.
- The imposter will demand money, sexual favors, or merchandise from you claiming to be able to help you get an immigration benefit, legal status, or documents.
- The promised benefit or service is never received.

LEGITIMATE ICE OFFICERS WILL NEVER:
- Offer lawful immigration status or other immigration services in exchange for money, sexual favors, or merchandise
- Use the internet or telephone to contact a member of the public to offer immigration services in exchange for payment through pre-paid cash cards like GreenDot or services like Western Union and MoneyGram
- Use a third-party person to solicit and collect a fee from a member of the public in exchange for immigration services
- Ask you or any member of the public for payment of any kind

PROTECT YOURSELF!
A legitimate ICE employee will never ask a member of the public for payment of any kind! REPORT any fraudulent schemes to the anonymous ICE Tip Line: 1-866-347-2423

U.S. Immigration and Customs Enforcement

Revised July 2022

ALERTA DE SEGURIDAD PÚBLICA:

TENGA CUIDADO CON IMPOSTORES DE ICE

PERSONAS REPRESENTÁNDOSE A SÍ MISMAS COMO PERSONAL DEL SERVICIO DE INMIGRACIÓN Y CONTROL DE ADUANAS DE EE. UU. (ICE) PARA GANANCIAS FRAUDULENTAS

U.S. Immigration and Customs Enforcement

QUÉ es un IMPOSTOR:
Un individuo que se representa a sí mismo o misma fraudulentamente como un oficial o agente de ICE en un intento de obtener algún tipo de pago de usted para beneficios migratorios u otros servicios de inmigración.

CÓMO ocurre el FRAUDE:
- El (la) impostor(a) se identificará como oficial del orden público federal, empleado o contratista de ICE o el Departamento de Seguridad Nacional de EE. UU.
- El (la) impostor(a) le exigirá que proporcione dinero, favores sexuales o mercancía con el pretexto de poder ayudarlo a obtener un beneficio, estatus legal o documentos migratorios
- El beneficio o servicio prometido nunca es recibido

OFICIALES LEGÍTIMOS DE ICE NUNCA:
- Ofrecerán estatus migratorio legal u otros servicios de inmigración a cambio de dinero, favores sexuales o mercancía
- Utilizarán el internet o teléfono para contactar a un miembro del público para ofrecerle servicios de inmigración a cambio de pago mediante tarjetas prepagadas tales como GreenDot o servicios como Western Union y MoneyGram
- Utilizarán a un tercero para pedir y recolectar una cuota de un miembro del público a cambio de servicios de inmigración
- Le pedirán a usted o a cualquier miembro del público un pago de ningún tipo

¡PROTÉJASE A SÍ MISMO!
¡Un empleado legítimo de ICE nunca le pedirá a un miembro del público un pago de ningún tipo! DENUNCIE cualquier esquema fraudulento a la Línea Anónima para Pistas de ICE: 1-866-347-2423

U.S. Immigration and Customs Enforcement

Revised July 2022

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—Malik Yakini, Black Community Food Security Network

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GUIDELINES: ARISE Detroit! encourages all volunteers to be vaccinated, or, if necessary, wear face masks and practice social distancing.

ARISE Detroit! Is a nonprofit mobilization coalition of more than 400 organizations, promoting volunteerism, community activism and positive media images to create a better Detroit. Learn more at www.arisedetroit.org, or phone, 313-921-1955

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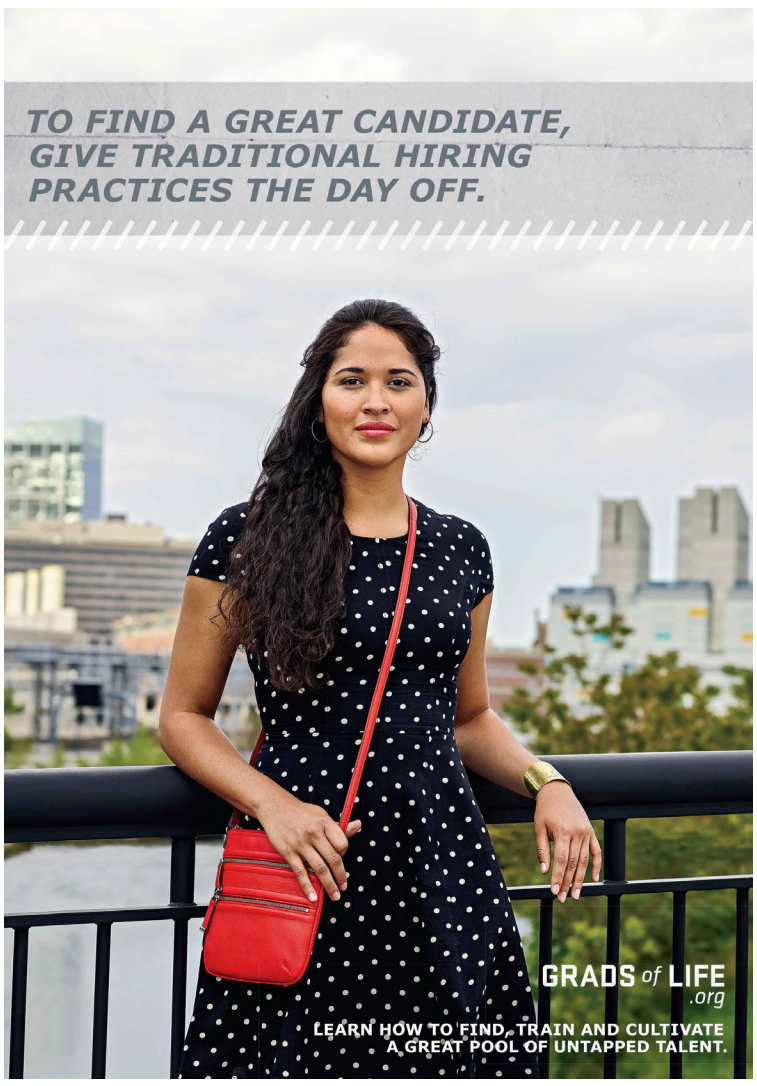
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